Rice University – Lifetime Physical Activity Program – LPAP 178: The Art of Relaxation Course Outline

Instructor: Jennifer Buergermeister, MA, C Ht, RYT, DD

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Phone: 832-428-0159 Class time: Thursdays 10:00 – 11:40am Location: 220

Course description: This experiential course is designed to help students identify, understand and cope with sources of stress. Several modalities that explore our response to stress and encourage relaxation will be introduced. You will read a book of your choice. Submit and have approved by September 15th, 2014. Example: Dan Millman's The Way of the Peaceful Warrior. You will write a reflection of 5-7 pages (book report) due by December 2nd and emailed to jennifer.r.buergermeister@rice.edu.

Course objectives: Upon completion of the course, the student will have an understanding of the negative effects of stress on the body and how relaxation techniques can tone, enhance, and harmonize the physical and emotional bodies to achieve homeostasis and wellbeing. Students will gain knowledge of the history and theory of evidence based methods of CAM (complementary alternative medicine) and relaxation techniques. Ultimately, students will understand how to choose healthy methods of relaxation that can serve as antidotes to the negative effects of stress both in college and beyond graduation and be used as tools for life.

Evaluation Procedures:

Attendance and Participation	100 points
Written Assignments	100 points
Book Report	100 points

Grading Scale:

Points	Grade
270-300	A
240-269	B
210-239	C
180-209	D
>180	F

The attendance policy for LPAP courses that meet once a week will be as follows:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one "free" absence. Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the

instructor to discuss the make-up, and an agreement must be reached between the within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop by one grade letter.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Topics to be covered include, but are not limited to:

Introduction to Types of Stress + Effects Stress Assessment, Guided Meditation, Yoga

What is Yoga?

Meditation Techniques and Pranayam

Intro to the Basics of Neuroscience

Heart Coherence/Biofeedback – What the Bleep…

Laughter Therapy & Creative Art Therapy

Qi Gong and Energetic Systems/Anatomy

Coping Mechanisms & Building Healthy Relationships

Ayurveda and Healthy Choices

Time Management Skills

Silent/Walking Meditation – Why Silence?

Color Theory, Aromatherapy & the Six Senses

Massage Techniques for Relaxation

Goal Setting – Life Path Discussions

And Intro to Rootism™ (Jenny's Theory of Life) – In a Nutshell